THE BIG PLASTIC COUNT
11-17 MARCH

LET'S COUNT!

TALLY SHEET

Print this off and stick it somewhere you'll see it, then tally the types of plastic packaging you throw away each day.

Tick off the days as you count your plastic:

◯ M ◯ T ◯ W ◯ T ◯ F ◯ S ◯ S

Name:
Class:

FOOD & DRINK



Small bottles (up to 500ml)
(water, soft drinks, sauces etc.)

Total

e.g. 𝍸 |



Large bottles (over 500ml)
(water, squash, cooking oil, milk etc.)



Hard plastic caps and lids
(from bottles, cartons, jars etc.)



Peelable film lids
(from soft fruits, fish, falafels, dips etc.)



Fruit and veg trays, pots and their hard lids
(berries, grapes, stir fry, tomatoes etc.)



Fruit, veg and salad bags, wrappers and nets
(salad, bananas, cucumber, lemons etc.)



Black pots, tubs and trays
(ready meals, chilled foods, cooked meats etc.)

Total



Pots, tubs and trays
(yoghurt, dips, butter, pastries, meat etc.)



Snack bags, packets and wrappers
(crisps, biscuits, cereal bars, chocolate etc.)



Other hard food and drink packaging
(coffee pods, plastic corks, polystyrene cups etc.)



Other soft food and drink packaging
(rice, bread bags, frozen peas, cling film, cheese etc.)

CLEANING & TOILETRIES



Small bottles (up to 500ml)
(hand wash, shampoo, washing up liquid etc.)



Large bottles (over 500ml)
(toilet cleaner, bleach, surface cleaner etc.)



Pots, tubs and tubes
(moisturiser, suncream, laundry tablets etc.)



Squeezy tubes
(toothpaste, make-up, skincare cream etc.)



Other hard cleaning and toiletries packaging
(toothbrush packs, razor packs, mascara etc.)



Other soft cleaning and toiletries packaging
(toilet roll wrap, dishwasher tabs, wet wipes packs etc.)

EVERYTHING ELSE



Other hard plastic packaging
(plastic packaging for toys, tech, stationery, DIY etc.)



Other soft plastic packaging
(pet food pouches, carrier bags, bubble wrap etc.)

NOT SURE WHERE TO PUT AN ITEM?

Check out our Plastic ID tool:
thebigplasticcount.com/help
or scan the QR code to the right.

GREENPEACE x EVERYDAY PLASTIC